

## **ARNG Psychological Health Program**

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### **Summary**

The mission of the ARNG Psychological Health Program is to advocate, promote, and guide Servicemembers by supporting psychological fitness for operational readiness. As a part of the ARNG-J1, the program works with State Family Program Directors (SFPDs), Transition Assistance Advisors (TAAs), Employer Support for the Guard and Reserve (ESGR), Sexual Assault and Response Program (SARP), and Yellow Ribbon Reintegration Program (YRRP). State Directors of Psychological Health contact local and community health providers to build relationships and networks that will offer psychological health services to Servicemembers. The program offers the following to Servicemembers:

- Access for assistance 24/7/365
- Assessments and referral services
- Psychological Health resource identification
- Review of applicable benefits and other counseling services within each State/Territory
- Case management services
- Follow-up services
- Commander consultation services
- Guard member psychological health information and training
- Wellness education
- Critical incident management services

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### **Quick Guide: Finding Director of Psychological Health Local Resources**

1. Access the [Joint Services Support – Psychological Health Program Website](#)
2. Click on “Find Local Resources”
3. Select your State
4. Click on “Next”
5. Under “Resources by Personnel,” select “Director of Psychological Health”
6. Click on “Next”
7. Receive results on local Director of Psychological Health

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## **Frequently Asked Questions**

### **Q. Why does the National Guard offer Psychological Health services?**

A. The National Guard is dedicated to its mission to be relevant, ready and accessible. This requires that members function at their highest level physically and emotionally. ARNG wants to:

- Help members address full range of personal, emotional and behavioral problems as a result of deployment and any other stressors
- Support individuals for personal readiness and assist with those who experience traumatic brain injury (TBI) and posttraumatic stress disorder (PTSD)
- Ensure confidentiality, privacy compliant with state and federal laws and guidelines
- Maintain and improve National Guard member productivity
- Ensure the Psychological Health Program is part of the comprehensive overall warrior support, including: Wounded Warrior Program, Military OneSource, Family Support Centers, and others on the J1 team

### **Q. How will the Psychological Health program support the Guard Leadership and members in my State?**

A. There are Directors of Psychological Health in each State and are available to assist you with any problem that may be affecting your emotional and/or behavioral life. They are able to respond to training requests, critical incident response, as well as providing Unit briefs, training, and consultation.

### **Q. How will the program help me and is it confidential?**

A. Your State or Territory Director of Psychological Health will assist you in the coordination and management of any psychological health need. In most cases, they will assess and refer you to a local, qualified counselor or other mental health resource. The goal of the Psychological Health program is to address your concerns in the quickest, least restrictive, most convenient, and least costly manner while strictly respecting your confidentiality.

### **Q. I don't live near a base, VA facility, or military treatment facility. Can I call the Director of Psychological Health located in my State to receive assistance?**

A. Yes, services are easily accessible and your State or Territory Director of Psychological Health can provide telephone consultation.

### **Q. What should I bring to my local Director of Psychological Health appointment?**

A. At your first appointment, you are asked to bring basic demographic information, military history, and details regarding the concern for which you are seeking assistance. If you completed the Client Information form and/or Military History form, please bring the completed form(s) to your appointment.

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**Links**

- [Joint Services Support – Psychological Health Program](#)

The National Guard Bureau's Psychological Health Program website provide the program's mission and vision, goals, and additional resources.

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#### **Points of Contact**

- NGB-J1 Office  
1411 Jefferson David Highway  
Arlington, VA 22202

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